



Kids Fasting Calendar

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media	Candy Sweets Desserts
Day 29	Day 30	Day 31				
Candy Sweets Desserts	Video Games Computers & Tablets <small>(except for school)</small>	TV Movies Social Media				